

Full Report (All Nutrients)

45134864, HEALTHY CHOICE Cafe Steamer Ravioli And Chicken Marinara, UNPREPARED, GTIN: 00072655405813

Based on the GS1 Global Data Synchronization Network, [Powered by 1WorldSynch](#)

Report Date: July 08, 2017 14:09 EDT

Information provided by food manufacturers is label data. Manufacturers are responsible for descriptions, nutrient data and ingredient information. USDA calculated values per 100 {0} from values per serving.

Food Group : Branded Food Products Database

Manufacturer Conagra Brands

Nutrient	Unit	Data points	Std. Error	1 Meal (283g) 283g	1 Value Per100 g
Proximates					
Energy	kcal	--	--	269	95
Protein	g	--	--	18.99	6.71
Total lipid (fat)	g	--	--	6.00	2.12
Carbohydrate, by difference	g	--	--	33.99	12.01
Fiber, total dietary	g	--	--	5.1	1.8
Sugars, total	g	--	--	11.01	3.89
Minerals					
Calcium, Ca	mg	--	--	201	71
Iron, Fe	mg	--	--	1.81	0.64
Potassium, K	mg	--	--	1090	385
Sodium, Na	mg	--	--	600	212
Vitamins					
Vitamin C, total ascorbic acid	mg	--	--	3.7	1.3
Vitamin A, IU	IU	--	--	1251	442
Lipids					
Fatty acids, total saturated	g	--	--	2.490	0.880
Fatty acids, total monounsaturated	g	--	--	2.490	0.880
Fatty acids, total polyunsaturated	g	--	--	0.990	0.350
Fatty acids, total trans	g	--	--	0.000	0.000
Cholesterol	mg	--	--	45	16
Amino Acids					

Nutrient	Unit	Data points	Std. Error	1 Meal (283g) 283g	1 Value Per100 g
Other					
Ingredients					
STUFFED CHEESE & SPINACH RAVIOLI (WHOLE WHEAT [ULTRAGRAIN®] AND DURUM WHEAT FLOUR, WATER, RICOTTA CHEESE [WHEY, CREAM, VINEGAR, CARRAGEENAN], RICOTTA CHEESE [WHEY, SKIM MILK, VINEGAR, XANTHAN GUM, VITAMIN A PALMITATE], SPINACH, WHOLE EGGS, ASIAGO CHEESE [CULTURED MILK, SALT, ENZYMES], PARMESAN CHEESE [PART SKIM MILK, CHEESE CULTURE, SALT, ENZYMES], CORN STARCH, ROMANO CHEESE MADE FROM COW'S MILK [CULTURED MILK, SALT, ENZYMES], SALT, SPICE), TOMATOES, COOKED CHICKEN (CHICKEN BREAST, WATER, OLIVE OIL, CONTAINS 2% OR LESS OF: ISOLATED SOY PROTEIN PRODUCT [ISOLATED SOY PROTEIN, MODIFIED POTATO STARCH, CORN STARCH, CARRAGEENAN, SOY LECITHIN], DEXTROSE, POTASSIUM CHLORIDE, SALT, SODIUM PHOSPHATES, FLAVORING), WATER, SPINACH, ONIONS, TOMATO PUREE, TOMATO PASTE, CONTAINS 2% OR LESS OF: SUGAR, PARMESAN CHEESE (PART SKIM MILK, CHEESE CULTURE, SALT, ENZYMES), MODIFIED CORN STARCH, GARLIC, FLAVORINGS, POTASSIUM CHLORIDE, SEA SALT, OLIVE OIL, CITRIC ACID. CONTAINS: EGG, MILK, SOY, WHEAT. <i>Date Available:</i> 06/05/2017 <i>Date Last Updated by Company:</i> 06/01/2017					